

## Objective:

By the end of this lesson, students will understand the importance of setting personal boundaries, both physical and mental, and develop the confidence to say "no" in situations that compromise their safety, well-being, or integrity.

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## Teacher Instructions:

### Preparation:

- Ensure that students have access to and watch the interactive video, *"Boundaries Personal & Mental Protection: How to Say 'NO!'"* before the lesson begins [www.discoverlifefskills.com](http://www.discoverlifefskills.com) This video is essential to the full learning experience and lays the groundwork for class discussions and activities.

### Materials:

- Whiteboard or interactive board
  - Markers/pens
  - Printed worksheets (or digital copies) based on boundary setting scenarios
  - Discussion prompts (see below)
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## Lesson Outline:

### 1. Introduction (10 minutes)

- **Engage:** Begin by asking students, "What comes to mind when you hear the word 'boundary'?"
  - Lead a brief discussion about physical boundaries (like borders between countries) and connect this idea to personal boundaries.
  - Highlight how boundaries protect our emotional, mental, and physical space, similar to how borders protect countries.
- **Key Message:**
  - Explain that setting boundaries helps us protect ourselves from harm and maintain respect for ourselves. Boundaries allow us to decide what is acceptable in our interactions with others.

### 2. Defining Boundaries (10 minutes)

- **Explain Personal Boundaries:**
  - Use the analogy from the video: "Just as countries have borders, we have boundaries that help keep us safe."
  - Show students the concept of different types of boundaries:
    - **Physical Boundaries:** Personal space and physical touch.
    - **Emotional Boundaries:** What we are comfortable discussing or sharing.
    - **Mental Boundaries:** Knowing what is right and wrong for us, especially in risky situations.
- **Interactive Diagram:** Draw the boundary circles on the board (intimate, personal, social, public space) and discuss how they relate to different levels of comfort with others.

### 3. Activity: Recognizing Boundaries (15 minutes)

- **Scenario Worksheets:**
  - Hand out worksheets with different boundary-setting scenarios (e.g., a friend asks to copy your homework, a peer pressures you to attend a risky party, a relationship partner asks you to do something you're uncomfortable with).
  - In small groups, students will discuss how they would respond in each situation, focusing on when and how to say "no" and protect their boundaries.
- **Class Discussion:**
  - After group work, bring the class together to share their responses. Highlight the importance of trusting gut feelings and saying "no" when something feels wrong, regardless of peer pressure or manipulation.

### 4. Arrest by Association & Peer Pressure (10 minutes)

- **Law and Responsibility:**
  - Explain the concept of *Arrest by Association* as discussed in the video. Even being in the wrong place at the wrong time with the wrong people can lead to legal consequences.
  - Discuss how this emphasizes the importance of setting boundaries in friendships and social circles.
- **Discussion Prompt:**
  - Ask, "How would you feel if you were arrested just because you were with a group of people who were involved in illegal activity? What would your family think?"

### 5. Building Healthy Boundaries (15 minutes)

- **Four Key Targets:**

- **Know Your Values:** Encourage students to think about what is important to them and how these values guide their decisions.
  - **Practice Saying No:** Role-play different situations where students can practice saying "no" confidently. Examples: "I'm not comfortable with that" or "I don't think that's right for me."
  - **Surround Yourself with Respectful People:** Discuss the importance of having friends who respect their boundaries and how to recognize unhealthy friendships.
  - **Remember Your Worth:** Reinforce the message that they deserve respect and should never feel pressured into compromising their values.
  - **Discussion Prompt:** Ask students to reflect on a time they felt pressured to do something they didn't want to do. How did they handle it? How might they handle it differently now?
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## 6. Wrap-Up & Reflection (10 minutes)

- **Summarize Key Points:**
    - Boundaries are essential for protecting ourselves emotionally, mentally, and physically.
    - Saying "no" is a powerful way to maintain those boundaries and prevent unwanted situations.
    - Encourage students to trust their instincts and never compromise their values for the sake of fitting in or pleasing others.
  - **Reflection Exercise:**
    - Ask students to write down one situation in which they will commit to setting a boundary this week, whether with a friend, family member, or peer. This will be kept private to encourage honest self-reflection.
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## Assessment:

- **Group Discussion Participation:** Assess students' engagement during group discussions and role-playing activities.
  - **Reflection Exercise:** Evaluate students' written reflections to see if they can identify a situation where setting a boundary is necessary and if they can articulate a clear plan for how they will enforce that boundary.
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## **End of Lesson**

This lesson plan aims to empower students with practical strategies to protect themselves and make better decisions by confidently setting boundaries and saying “no” when necessary.